

Preparing for the Flu Season

Fight the Flu! Get vaccinated every year.

Know How the Flu Spreads

The flu usually spreads from person to person in respiratory droplets when people who are infected cough or sneeze. People occasionally become infected by touching something with influenza virus on it and then touching their mouth, nose or eyes. Healthy adults may infect others 1 day before getting symptoms and up to 5 days after getting sick. Therefore, it is possible to give someone the flu before you know you are sick as well as while you are sick.

Be Aware of Flu Symptoms

Many of these symptoms are associated with influenza. However, having these symptoms does not always mean that you have the flu. Different illnesses, like the common cold, can have similar symptoms.

Fever	Headache	Body aches	Diarrhea and vomiting
Extreme Tiredness	Cough	Sore throat	Runny or stuffy nose

Best Protection: Vaccination

The single best way to protect yourself and others against influenza is to get a flu vaccination each year. Two kinds of flu vaccine are available in the United States:

The “flu shot” — an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions (such as asthma, diabetes, or heart disease). See also [Questions & Answers: Seasonal Flu Shot](#).

The nasal-spray flu vaccine — a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for “live attenuated influenza vaccine” or FluMist®). LAIV (FluMist®) is approved for use in healthy* people 2-49 years of age who are not pregnant.

Employees and Spouses of RCG

FREE flu shot

Rutherford County Employee Appreciation

315 John Rice Blvd. Murfreesboro TN

October 15th 8:00a—1:30p

***Must be covered under RC Insurance Plan.**

Bring your CIGNA Card

Additional Information on Flu Prevention

<http://www.cdc.gov/flu/symptoms.htm>

<http://www.mayoclinic.com/health/flu-symptoms/FU00013>

<http://flu.gov/>

<http://www.cigna.com/cmga/flu.html>